

Subject: Chat with Karen Lancaster

From: Karen Lancaster <lancaster.karen@gmail.com>

To: barriticus@gmail.com

Karen: there's a whole dish of that beef brisket in your fridge that you didnt even touch the other day, on top shelf with dickeys sauce

me: is there?

me: ok

Karen: also are you going toget appt w nazemppor for next monday>

me: nah, he's really not any help with anything

me: and it's depressing to go to that building

Karen: ok the i sent you another link to their new program, you can call, we can discuss tomorrow?

me: who's program?

me: "whose"

Karen: northstar has a new group with real shrinks

me: I've never really benefited from therapy and especially these days, it's difficult to explain my life and whatnot

me: but if you really want me to go, I will

Karen: yes we can talk about it tomorrow, thats why i came over today but you were still asleep

me: yeah, was up until 7 in the morning finishing up the proposal, woke up at 2 so should be able to get to sleep earlier tonight

Karen: ok did you find the brisket?

me: yep, eating the burrito thing though